

## ABSTRACT OF THE DISCLOSURE

When an elongate film is initially wound around a core, it is wound under a low winding tension command value T1 corresponding to the length of the core. Then, after the tension is progressively increased at a predetermined rate, the elongate film is wound while its tension is gradually lowered from a high winding tension command value T3.

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1. A method of winding an elongate film around a core, comprising the steps of: (a) winding the film around the core under a low winding tension command value T1; (b) progressively increasing the tension at a predetermined rate; and (c) winding the film while its tension is gradually lowered from a high winding tension command value T3.